

POKÉGNEK BODÉWADMÍK HEALTHY LIFESTYLE CAMPAIGN

# Smart Moves

A program to bring more movement into your child's life.

Smart Moves is a great opportunity to introduce your child to a more active lifestyle and learn what makes a diet healthy.

July 11 - August 15

Ages 7 - 16:

Tuesday 6:00 - 6:45 p.m.  
*Exercise Only*

Thursday 6:00 - 6:45 p.m.  
*Exercise*

6:45 - 7:15 p.m.  
*Nutrition/  
Behavior Modification*

Register your child(ren) today!

Contact Heather for more details or to register, email [Heather.Hollenbeck@PokagonBand-nsn.gov](mailto:Heather.Hollenbeck@PokagonBand-nsn.gov)

Zoom link will be provided after registration.